

RECORD OF OCCUPATIONAL EXPOSURE TO IONIZING RADIATION

1. NAME (Last, First, Middle Initial)	2. SOC. SEC. NUMBER	3. RANK/RATE/GRADE	4. DATE OF BIRTH
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[illegible]

16. REMARKS (Continue on additional sheet(s) if necessary)

TO BE RETAINED PERMANENTLY IN INDIVIDUAL'S HEALTH RECORD

INSTRUCTIONS FOR PREPARATION OF NAVMED FORM 6470/10

ITEM

1. Enter the last name, first name and middle initial. Separate each component of the name with a space. If the full name exceeds 40 spaces, truncate after the 40th space.
2. Enter Social Security Number, e.g., 000-00-0000. If the individual does not have a social security number, i.e., a foreign national, enter a pseudo SSN as: 800 for the first 3 digits, the year, month, and day of birth. (i.e., 800-YY-MMDD).
3. Enter, in not more than 10 spaces, the rank/rate/grade the individual possesses when initiating this form. This item need not be updated until a new NAVMED 6470/10 is initiated. Use standard military/civil service abbreviations, e.g., CAPT, COL, MAJ, HMCS, MM2, SSGT, LCPL, GS9, WG5, etc. Abbreviate civilian titles as necessary, e.g., Radiological Physicist to Rad Phys; Electrical Welder to Elec Wldr, etc.
4. Enter date of birth by 4-digit year, month, and day using no spaces and all capitals, e.g., 1975APR13.
5. Enter the name of the activity or unit. The activity's/unit's abbreviated name or ship hull number(s) may be used. The activity should represent either the activity or unit where the individual is permanently assigned or, if TAD, where the exposure occurred.
6. Occupation Codes:

10 Nuc. Propl. (Rad. Worker)	20 Weapons (Rad. Worker)	30 Medical (Diagnostics)	40 Gamma Radiographer
11 Nuc. Propl. (Non-Rad.)	21 Weapons (Non-Rad.)	31 Dental	41 X-ray Radiography and
12 Nuc. Propl. (Visitor)	22 Weapons (Visitor)	32 Medical (Nuc. Med.)	Accel. Radiography <10 MeV
		33 Medical (Therapy)	42 Accel. Radiography => 10 MeV
50 Research			43 RADIAC Calibration
51 Research (Isotopes)	90 Other		44 General Industrial
7. Enter the 4-digit year, month, and day the exposure period began using no spaces and all capitals, e.g., 1999JAN04.
8. Enter the 4-digit year, month, and day the exposure period ended, e.g., 1999FEB15.

Note: For items 9-14, enter radiation doses received in rem to three decimal places, i.e., 03.450. Enter doses evaluated as zero as 00.000. Do not use 'X's' or the term minimal. If not monitored, leave blank. Do not enter 00.000 for radiation types not specifically monitored.

9. Enter *shallow dose equivalent*, which is the external exposure to the skin at a tissue depth of 0.007 centimeters or 7 milligrams per centimeters squared. If shallow dose equivalent was not monitored, leave blank.
10. Enter *deep dose equivalent* photon, which is external exposure from photon radiations (x and gamma rays) to the whole body at a tissue depth of 1 centimeter or 1000 milligrams per centimeter squared.
11. Enter *deep dose equivalent* neutron, which is external exposure from neutron radiation to the whole body at a tissue depth of 1 centimeter or 1000 milligrams per centimeter squared.
12. Enter the *committed effective dose equivalent*, which is exposure from internally deposited radionuclide(s).
13. Enter the *total effective dose equivalent*, which is the sum of the deep dose equivalents for external exposure (items 10 & 11) and the committed effective dose equivalent for internal exposure (item 12). The total effective dose equivalent does not include the shallow dose equivalent for external exposure (item 9).
14. Enter the *lifetime total effective dose equivalent*, which is the summation of the individual's total effective dose equivalents. That is, add item 13 to the previous item 14. If item 14 is being updated from a DD 1141, then item 13 is added to the previous item 14 (total lifetime exposure).
15. Initials of person making line entry. The associated name and title of each individual initialing item 15 will be recorded in the remarks section (item 16), e.g., JD - John Daniels, HMC, USN, RB - Robert Bums, 1LT, USA.
16. Enter other pertinent information, e.g., estimated exposure, skin contamination, the name and title of individual(s) initialing item 15 annotation(s) to correct administrative errors on the NAVMED 6470/10, etc.

Note: This record is required for all individuals who have been or are being monitored for exposure to ionizing radiation. It shall be filed in the individual's health record, where it shall be retained permanently.